

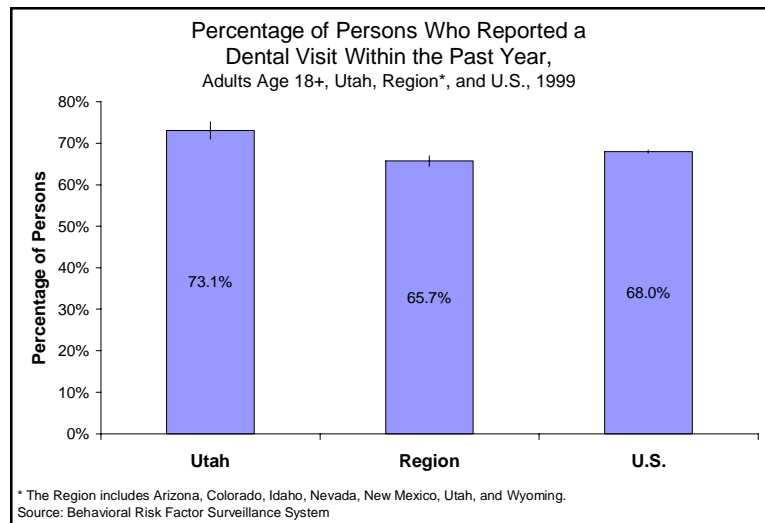
# Routine Dental Health Care

**Question:** *How long has it been since you last visited the dentist or a dental clinic?*

Regular dental visits are important in the prevention, early detection and treatment of oral and craniofacial diseases and conditions for all ages. Adults need regular professional care to avoid the need for complex restorative treatment, tooth loss and even systemic health problems. Even people without teeth need to be monitored regularly for oral health which may be affected by systemic conditions, medications, prosthetic devices and exposure to tobacco.

People who have many missing teeth face a diminished quality of life. Not only do they have to limit food choices because of chewing problems which may result in nutritionally poor diets, but many feel a degree of embarrassment and self-consciousness that limits social interaction and communication.

Forty-eight percent of adults 35 through 44 years of age have gingivitis and 22 percent have destructive gum disease. Gum infections have been called the “sixth complication of diabetes,” because people with diabetes are more likely to have periodontal disease. Mouth and throat cancers are the sixth most common cancers in U.S. males and the fourth most common in African American men. In the U.S., 30,000 people are diagnosed with mouth and throat cancers each year.



- There was no significant change in the estimated percentage of adults who reported visiting a dentist or dental clinic in the past year for Utah or the Region between 1995 and 1999.
- The U.S. experienced some fluctuation in this measure between 1995 and 1999, but the 1995 and 1999 rates were almost equal at about 68%.
- Utah reached the Healthy People 2000 objective with 72.1% of adults 35 and older reporting a dental visit in the past year in 1999.

**Utah Objective:** By 2000, increase the proportion of Utah adults, age 18 years and over, who report having a routine dental visit in the past year to 71% or more.

**HP2000 Goal 13.14:** Increase to at least 70% the proportion of people aged 35 and older using the oral health care system during each year.

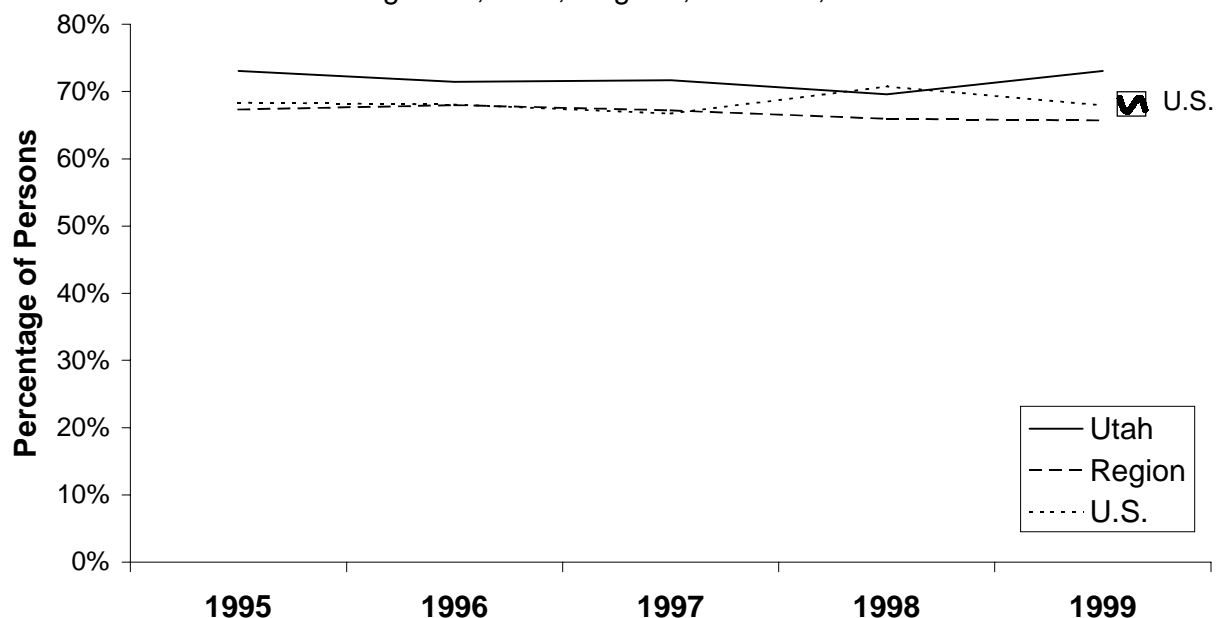
**HP2010 Goal 21-10:** Increase the proportion of children and adults who use the oral health care system each year to 83%.

**CDI:** Not used.

**HRSA:** Not used.

# Routine Dental Health Care

Percentage of Persons Who Reported a  
Dental Visit Within the Past Year,  
Adults Age 18+, Utah, Region\*, and U.S., 1995-1999




\* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.

Not all states participated in the BRFSS until 1994 (see Appendix A)

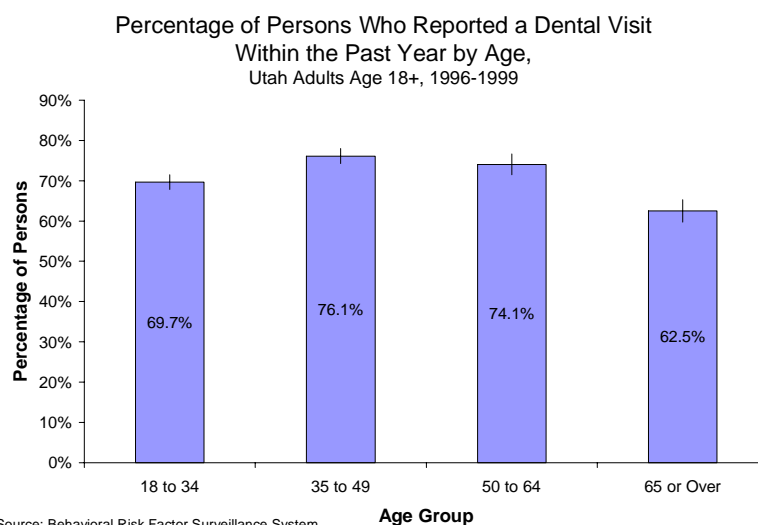
Source: Behavioral Risk Factor Surveillance System

Year	Utah			Region			U.S.		
	Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1995	73.1%	70.9%	75.3%	67.3%	65.4%	69.3%	68.3%	67.6%	69.1%
1996	71.5%	69.3%	73.6%	68.0%	66.1%	69.8%	68.1%	67.4%	68.8%
1997	71.7%	69.5%	73.9%	67.2%	65.9%	68.5%	66.7%	66.1%	67.4%
1998	69.6%	67.3%	71.9%	66.0%	63.4%	68.5%	70.8%	70.0%	71.6%
1999	73.1%	71.0%	75.1%	65.7%	64.5%	67.0%	68.0%	67.6%	68.3%

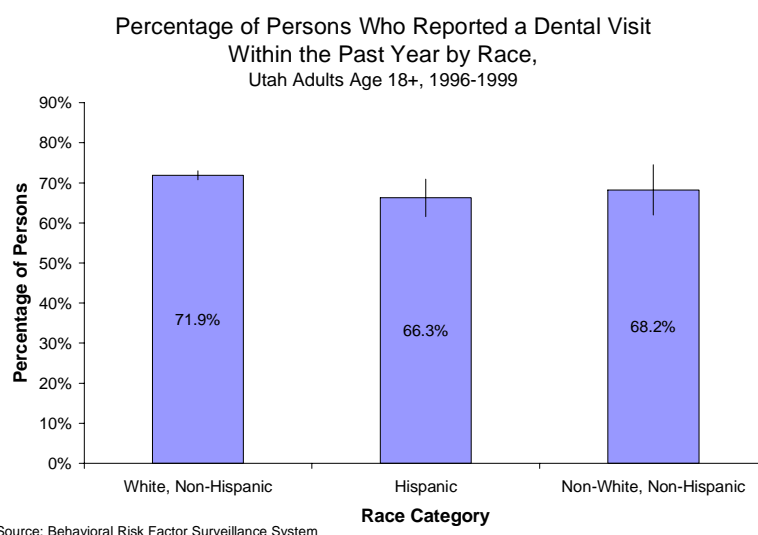
 non-linear trend

# Routine Dental Health Care

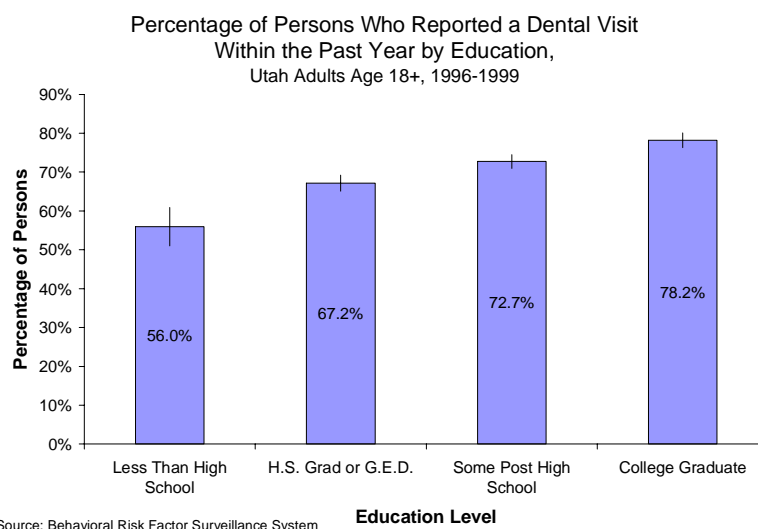
- Utahns 65 or older were less likely than all other age groups to report a dental visit in the past year. ( $p < 0.0001$ )



- Utahns who were White, non-Hispanic were more likely than other racial/ethnic groups in Utah to report having had routine dental care in the past year. ( $p = 0.0235$ )



- Women were more likely than men to report having had routine dental care in the past year, as were people with higher incomes and education. ( $p < 0.0001$ )
- The least likely groups in Utah to report having had routine dental care in the past year were those with less than a high school education and those with annual household incomes less than \$20,000 per year.



# Routine Dental Health Care

Percentage of Persons Who Reported a Dental Visit Within the Past Year  
by Selected Demographic Characteristics, Utah Adults Age 18+, 1996-1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Who Reported a Dental Visit Within the Past Year					
	Distribution	Number of Adults <sup>1</sup>	Percentage of Adults Who Reported a Dental Visit Within the Past Year	95% Confidence Intervals			Number of Adults <sup>1, 2</sup>	Distribution of Adults Who Reported a Dental Visit Within the Past Year by Category
				Lower	Upper			
Visited a Dentist								
Within the Past Year	71.4%	981,700						
1 to 2 Years Ago	13.0%	178,900						
2 to 5 Years Ago	7.6%	103,800						
5 or More Years Ago	7.9%	108,000						
Never	0.1%	1,800						
Total, All Adults Age 18+	100.0%	1,374,400						
Sex								
Males	48.7%	669,400	68.9%	67.2%	70.6%		461,000	47.0%
Females	51.3%	705,000	73.9%	72.5%	75.3%		520,800	53.0%
Total, All Adults Age 18+	100.0%	1,374,400	71.4%	70.3%	72.5%		981,700	100.0%
Age Group								
18 to 34	37.0%	507,900	69.7%	67.8%	71.5%		353,800	36.0%
35 to 49	31.4%	432,100	76.1%	74.3%	78.0%		328,900	33.5%
50 to 64	17.5%	239,900	74.1%	71.5%	76.6%		177,700	18.1%
65 or Over	14.2%	194,500	62.5%	59.7%	65.3%		121,600	12.4%
Total, All Adults Age 18+	100.0%	1,374,400	71.4%	70.3%	72.5%		981,700	100.0%
Race								
White, Non-Hispanic	90.9%	1,249,100	71.9%	70.8%	73.0%		897,900	91.4%
Hispanic	5.6%	77,200	66.3%	61.6%	71.0%		51,200	5.2%
Non-White, Non-Hispanic	3.5%	48,100	68.2%	62.0%	74.5%		32,800	3.3%
Total, All Adults Age 18+	100.0%	1,374,400	71.4%	70.3%	72.5%		981,700	100.0%
Income								
Less Than \$20,000	18.3%	251,300	57.4%	54.3%	60.4%		144,200	14.7%
\$20,000-\$49,999	50.5%	694,200	70.8%	69.3%	72.4%		491,600	50.0%
\$50,000 or Over	31.2%	428,900	80.8%	78.9%	82.7%		346,600	35.3%
Total, All Adults Age 18+	100.0%	1,374,400	71.4%	70.3%	72.5%		981,700	100.0%
Education								
Less Than High School	6.6%	90,700	56.0%	51.1%	60.9%		50,800	5.2%
H.S. Grad or G.E.D.	30.5%	418,800	67.2%	65.1%	69.2%		281,200	28.6%
Some Post High School	34.0%	467,100	72.7%	70.9%	74.5%		339,700	34.6%
College Graduate	28.9%	397,800	78.2%	76.3%	80.1%		311,100	31.7%
Total, All Adults Age 18+	100.0%	1,374,400	71.4%	70.3%	72.5%		981,700	100.0%

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

Source: Utah Behavioral Risk Factor Surveillance System